

Mental Health "Fridays"

Preferred Child and Family Services is proud to bring to the Community,

"The Gift of Mental Health"

With a Free Mental Health Screening

WHEN: every Friday from 8 a.m. to 4 p.m. thru January 2013

Anxiety causes stress. Stress tends to take its toll on a person, especially around the Holidays. It can even lead to health issues and/or depression. We would like to help you to cope with issues that can cause anxiety, stress and depression, such as:

- ❖ Holiday expectations
- ❖ Meeting Deadlines or
- ❖ Life issues

Information and referrals will be available for counseling and related services.
No matter what the reason, come in, we can help!

WALK-INS OF ALL AGES WELCOME

Located at Preferred Child and Family Services, 284 Martin Street,
Twin Falls, ID
(208) 733-7186

Dates for Mental Health Fridays



December 7th, 14th & 28th

January 4th, 11th, 18th, & 25th

Organized by Sarah Bender, BS, Masters Level Intern (Supervised)